



Comfort Quotes

A few thoughts to help you Feel Like a Million

"Life is too short for mean anxieties."

- Charles Kingsley

"One who expects completely to escape low moods is asking the impossible. Like the weather, life is essentially variable, and a healthy person believes in the validity of his high hours even when he's having a low one."

- Harry Emerson Fosdick

"While each of us has depressed hours, none of us needs to be a depressed person."

- Harry Emerson Fosdick

"Stress is real only in physics and engineering, while the rest is just attitude."

- Anonymous

"The grand essentials to happiness in this life are something to do, someone to love, and something to hope for"

- Joseph Addison

"Sit quietly for a moment and you realize how you have been foolishly running about. Avoid getting involved in too many things, and you realize you have been wasting your time on unnecessary things."

- Chen Chiju

"A light heart lives long."

- Shakespeare

"A good laugh is sunshine in a house."

- William Thackeray

"How blessed is he who leads a life unvexed with anxious cares and void of strife! Who studying peace and shunning rage enjoyed his youth, and now enjoys his age."

- John Dryden

"The sense of humor is the just balance of all faculties..."

- Thomas Hood

"...repose is taboo'd by anxiety..."

- William Gilbert